

Shrewsbury High School

Date: SEPTEMBER 28-OCTOBER 2

MONDAY	
Station:1-2 Station:3-4 Station:5-6-7 Station:8-9 Grab and Go:	Papa Gino Pizza w/Fries & Oranges (P/V/F) "SHS" Mashed Potato Bowl (P/G/V) Made to order Deli (G/P/F) Made to order Chicken Caesar Salad served w/Wheat Roll (G/P/V) Chicken Caesar Salad Plate (P/G/V) / Assorted Sandwiches w/ Fruit (G/P/F)
TUESDAY	
Station:1-2 Station:3-4 Station:5-6-7 Station:8-9 Grab and Go	Chicken Patty Sandwich served w/Chips and Apples (P/G/F) Pasta Bar w/Marinara Sauce or Meat Sauce served w/Garlic Rolls (G/V/P) Made to order Deli (G/P/F) Made to Order Chicken Caesar Salad served w/ Garlic Knots (P/V/G) Chicken Caesar Salad Plate(P/G/V) / Assorted Sandwiches w/Fruit (G/P/F)
WEDNESDAY	
Station:1-2 Station:3-4 Station:5-6-7 Station:8-9 Grab and Go	Papa Gino's Pizza served w/ Crinkle Cut Fries & Pears(G/P/F) "SHS" Mashed Potato Bowl (P/G/V) Made to Order Deli (G/P/F) Made to Order Chicken Caesar Salad served w/Wheat Rolls (G/P/V) Chicken Caesar Salad Plate (P/G/V)/ Assorted Sandwiches w/Fruit (G/P/F)
THURSDAY	
Station:1-2 Station:3-4 Station:5-6-7 Station:8-9 Grab and Go	Dominos Pizza served w/ Fries & Apples (P/V/F) Burger Bar w/ Lettuce ,Tomato, & Cheese served w/ Fries (G/P/V) Toasted Ham & Cheese on a Whole Wheat Croissant served w/Potato Salad(G/P/V) Made to Order Chicken Caesar Salad served w/ Garlic Knots (P/V/G) Chicken Caesar Salad Plates (P/G/V)/ Assorted Sandwiches w/Fruit (G/P/F)
FRIDAY	
Station:1-2 Station:3-4 Station:5-6-7 Station:8-9 Grab and Go	Spicy Chicken Patty served w/Chips, Celery Sticks & Blue Cheese Dressing (G/P/V) Grilled Chicken Sandwich w/Bacon, Lettuce, Tomato, Cheese & Ranch Dressing (G/P/V) Made to Order Deli (G/P/F) Made to Order Chicken Caesar Salad served w/ Wheat Rolls (P/V/G) Assorted Salad Plates (P/G/V) / assorted Sandwiches w/ Fruit (G/P/F)
Reduced Lunch\$.40 Lunch \$3.75	MEALS INCLUDE: Assorted Milks, FRUIT(F) and VEGETABLE(V)BAR, Assorted Fruits (F) Juices (F) and Vegetables(V),Grains(G) and Proteins(P) ALL LUNCHESES MUST INCLUDE A FRUIT(F) OR VEGETABLE (V) Check our Soup Du Jour Selections
USDA is an equal opportunity provider and employer.	High School menu posted at www.shrewsbury-ma.gov/school Email Comments and Suggestions to: mricker@shrewsbury.k12.ma.us <u>Please call the Cafeteria Manager at your school if you have questions about food ingredients allergens or gluten free choices</u>

